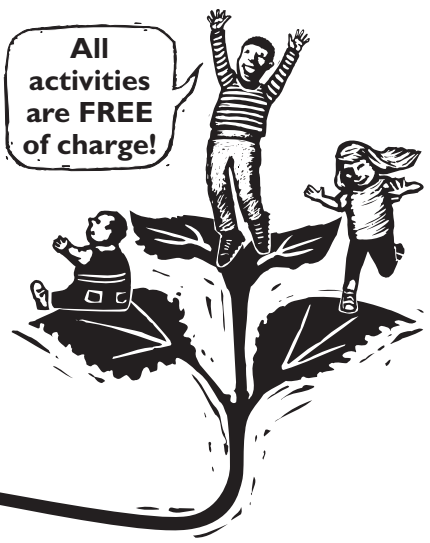


# Growing Healthy Families

St. Albans District Office, Vermont Department of Health  
20 Houghton Street, Suite 312 • St. Albans, Vermont 05478  
1-802-524-7970 or 1-888-253-8801

All  
activities  
are **FREE**  
of charge!



Spring 2010

## Cooking with beans

Thursday, March 18; 10:00–11:00 a.m.  
State Office Building, 20 Houghton St.  
1st floor conference room

Looking to spice up your family meals? Learn to prepare and cook with dried and canned beans! Besides being heart healthy, beans are an excellent source of fiber, iron, protein and essential vitamins and minerals. This workshop will show you easy and inexpensive new recipes using beans. Call 524-1234 to register.

## Breastfeeding for beginners

Tuesday, April 6; 2:00–3:30 p.m.  
State Office Building, 20 Houghton St.  
1st floor conference room

Are you thinking about breastfeeding your baby, but need more information? Are you wondering if you could continue to breastfeed your baby after your return to work? This workshop covers everything you need to know about breastfeeding, from the early days in the hospital, through one year and beyond! All pregnant moms, new moms, partners, grandmothers, caregivers, and babies are welcome. Gift bags will be provided. Call 524-7970 to register.



## Making your own baby food

Friday, April 16; 10:00–11:00 a.m.  
State Office Building, 20 Houghton Street  
1st floor conference room

Making your own baby food is easy. You can use many of the same foods the rest of your family eats. Most foods can be cooked and pureed for young babies and later chopped when your baby is ready for more textures. Join us for this food demonstration and taste testing. Participants will be entered to win a free baby food mill. Call 524-7970 to register.

## Breastfeeding or thinking about it?

1st Thursday of each month; 10:00 a.m.–Noon  
Family Birth Center conference room  
Northwestern Medical Center

2nd Wednesday of each month; 9:30–11:30 a.m.  
Family Center, Alburgh

3rd Thursday of each month; 6:30–8:00 p.m.  
Family Birth Center conference room  
Northwestern Medical Center

Join other moms, babies and families at our regular breastfeeding support/social group. The group is offered by the Vermont Department of Health and is free to all. You can ask questions and get help, join in group discussion, and most important — meet moms just like you and share your experiences. Call 524-7970 for more information.

